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◆ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

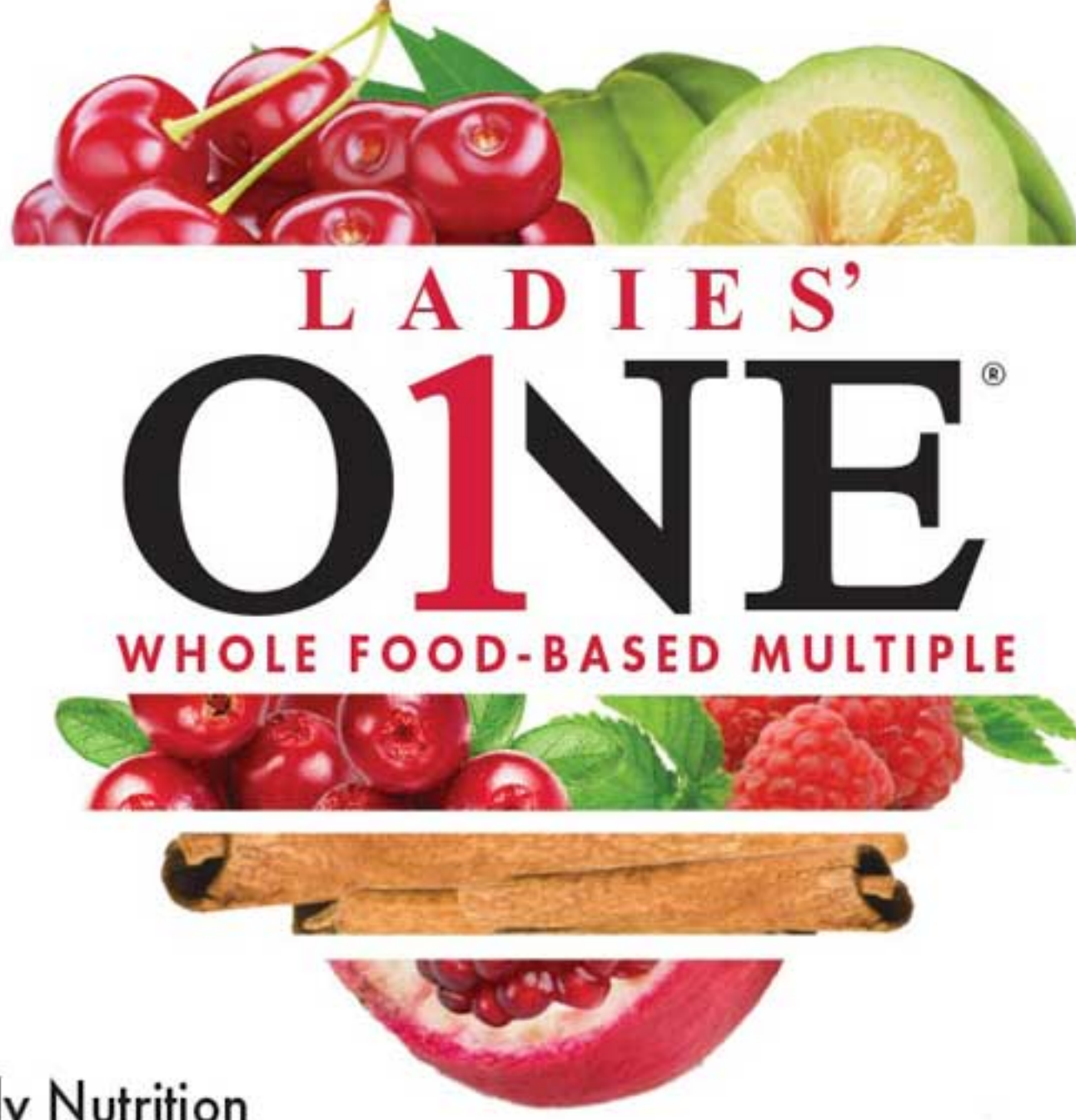


90 Vegetable Capsules



Daily Nutrition
for Women ◆

Dietary Supplement



Bluebonnet

Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals			
Vitamin A (as 2500 IU vitamin A palmitate) (as 1000 IU beta-carotene)	1050 mcg 117%	Manganese (as bisglycinate chelate)	2.3 mg 100%
Vitamin C (as L-ascorbic acid)	90 mg 100%	Chromium (as nicotinate glycinate chelate)	35 mcg 100%
Vitamin D (as cholecalciferol)	20 mcg (800 IU) 100%	Molybdenum (as glycinate chelate)	45 mcg 100%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Potassium (as aspartate)	5 mg <1%
Thiamin (as cocarboxylase)	1.2 mg 100%	PABA (para-aminobenzoic acid)	5 mg *
Riboflavin (as riboflavin 5' phosphate)	1.3 mg 100%	Boron (citrate, aspartate, glycinate)	1 mg *
Niacin (as niacinamide)	16 mg 100%	Vitamin K (menaquinone-7 [K ₂] from natto)	20 mcg *
Vitamin B ₆ (as pyridoxal 5' phosphate)	1.7 mg 100%	Advanced Female Health Blend ◆ (tart cherry fruit extract, pomegranate whole fruit extract, garcinia cambogia fruit rind extract, red raspberry leaf extract, cinnamon bark extract [cinnamomum burmannii], cranberry fruit extract, ashwagandha root extract, rose hips)	100 mg *
Folate (from [6S]-5-methyltetrahydrofolic acid, glucosamine salt [vegetarian source])	667 mcg DFE 167%	Organic Whole Food Vegetable Blend (organic barley grass, organic cabbage, organic parsley, organic chlorella, organic spirulina, organic sea kelp, organic kale, organic broccoli, organic dandelion leaf, organic broccoli sprout, organic dulse)	5 mg *
Vitamin B ₁₂ (as methylcobalamin)	2.4 mcg 100%	Plant Source Digestive Enzyme Blend (bromelain [pineapple 2000 GDU/gram], papain [papaya], amylase, cellulase, glucoamylase, lipase, protease)	5 mg *
Biotin (as D-biotin)	30 mcg 100%		
Pantothenic Acid (as pantothenic acid)	5 mg 100%		
Choline (as bitartrate)	5 mg <1%		
Calcium (as malate, citrate)	50 mg 4%		
Iron (as bisglycinate chelate)	18 mg 100%		
Iodine (as potassium iodide)	150 mcg 100%		
Magnesium (as aspartate)	25 mg 6%		
Zinc (as bisglycinate chelate)	11 mg 100%		
Selenium (as glycinate complex)	55 mcg 100%		
Copper (as bisglycinate chelate)	0.9 mg 100%		

*Daily Value not established.

Other ingredients: Capsule (hypromellose, purified water), vegetable cellulose, vegetable magnesium stearate, silicon dioxide.

Manufactured by

Bluebonnet Nutrition Corporation

12915 Dairy Ashford

Sugar Land, TX 77478 USA

bluebonnetnutrition.com

Free of milk, egg, fish, crustacean shellfish, tree
nuts, peanuts, wheat, soybeans and sesame.

Also free of gluten and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

Albion Advanced Nutrition Amino Acid Complex

Caution: If you are on blood-thinning medication, this product is not recommended.



WARNING: Accidental overdose
of iron-containing products is a
leading cause of fatal poisoning in
children under 6. Keep this product
out of reach of children. In case of
accidental overdose, call a doctor or
poison control center immediately.

This product does not
contain common GE
genes or proteins. Visit
igenprogram.com

